

Policies, Procedures & Rules (Rev. 2/24/2025, new revisions in bold)

I. ORGANIZATION:

The McHenry Girls Basketball League is a high school feeder league for girls basketball in grades 5th through 8th. We are a private voluntary organization, and not publicly funded; we are not subject to Title IX regulations.

II. ADMINISTRATIVE:

Each program shall appoint a league representative. The league will maintain an Executive Board made up of league representatives to decide issues that may arise. Direct all concerns, problems or inquiries to your league representative first. If a resolution is not reached then the Executive Board may be contacted for a ruling. Game protests should be filed through a member of the Executive Board. Protests must be filed within 24 hours after the game in question.

III. ELIGIBILITY REQUIREMENTS:

Age Requirement: Players must play in the Grade that they currently attend school in. Players are allowed to play up in higher Grades but may not play down into a lower Grade. In addition, the following age limitations are in force:

The age eligibility date for the **2025** season shall be **December 31, 2024**.

5th Grade players shall not reach her 12th birthday before this date

6th Grade players shall not reach her 13th birthday before this date

7th Grade players shall not reach her 14th birthday before this date

8th Grade players shall not reach her 15th birthday before this date

Residency: No player shall be allowed to play if she lives outside of the high school district that her team represents. Each program must enforce this rule to the best of their ability. Any exceptions to this rule must get approval from the League Executive Board before players are added to rosters.

IV. OFFICIATING:

Only IHSA or WIAA registered ("patched") officials should officiate the basketball games. An exception is 5th grade games, where refs who help teach are encouraged and patched referees are not required.

V. ROSTERS:

All team rosters should be turned into the league representatives prior to the first game. No feeder team shall have more than one roster, i.e. tourney team and a feeder team. Rosters shall only contain players that live within the high school district that the feeder team represents.

VI. LEAGUE RULES:

1. League starting date is the first weekend in April; league end date is the second weekend in June.
2. Games should be confirmed via phone call/e-mail with the opposing team the week prior to a game. Confirmation of games prevents scheduling mishaps and accommodates the inevitable scheduling changes.
3. Game management is the responsibility of the Home team. Unless previously arranged, the home team shall be responsible for arranging referees, providing a timekeeper & scorekeeper, and keeping the game scorebook.

4. Unless otherwise stated herein, all rules of National Federation of High School Athletics (NFHA) are to be followed and adhered to.
5. Team rosters shall have no more than 15 players. All players suited must play in the game, unless injured. Players may play up in grade, but not down. For example, a 7th grade player may play for the 8th grade, but not in a 6th grade game, **unless approved before.**
6. Uniforms shall adhere to NFHA guidelines. Uniforms shall have clearly visible numbers on both front and back. Number height shall be a minimum 8 inches in back and 4 inches in front.
7. A regulation girls (28.5" circumference) ball shall be used for all games.
8. Only man-to-man defense shall be played at the 5th and 6th grade levels. Zone defense may be played as an option at the 7th and 8th grade levels.
9. A full court zone or man-to-man press is allowed in the backcourt. The pressing team must return to man-to-man defense once the offensive team has crossed the half-court line. No pressing at all is allowed at the 5th grade level.
10. No press defenses with a 15 point or greater lead, 10 point lead or greater at the 6th grade level
11. Three point shots are awarded anytime at all grade levels.
12. Games are encouraged to be 4 Quarters of 7 minutes per quarter for 5th, 6th, 7th and 8th grades. If teams are restricted by court times they may play 2 twenty (20) min halves with a running clock. Clock shall stop the last 2 mins of each half.
13. Each team shall have 2 full (60 sec) and 3 30-sec timeouts per game.
14. When playing games with quarters 2 free throws will be awarded for all fouls after the 5th foul. Team fouls reset after each quarter. If games played as halves free throws awarded on the 7th foul (1 and 1) and 10th foul (2 shots).
15. In the event of a tie game at the end of regulation there shall be a 2 minute overtime. Possession at start of overtime shall be determined by a jump ball. Teams shall be awarded one additional full timeout per overtime period.
16. Halftime shall be 5 minutes in duration.
17. **Special rules for 5th Grade ONLY:**
 - a. No pressing at all allowed at 5th grade level
 - b. The lane rule is 5 seconds instead of 3.
18. Teams will not be credited with a win unless the scores are promptly reported through the website e-mail link or other appropriate means. It is encouraged that both teams report their scores, regardless whether they were Home or Away.